

Cornell Fitness Centre

CITY OF MARKHAM

@Track Level



Over the last few weeks, the fitness centre has steadily added new equipment. These exciting new additions can be found mostly on the upper track level. Technogym specializes in making equipment that is simple and comfortable to use. They mimic the biomechanics of cable exercises but with more stability. These hybrid cable machines can target all your major muscle groups. Weight pins for these machines are kept at the fitness desk. Just leave your membership card with our staff at the desk in exchange for the pins.

While you're there . . .

Check out the new stretching equipment from Technogym!

Technogym stretching machines allow you to objectively measure your flexibility in order to track your improvement. An entire workout plan can be tailor made to meet your needs. If you would like a workout program that incorporates these new machines, speak to our fitness counsellors!

Exercising in the Heat

Staying properly hydrated is the key to safe and effective exercise. This is particularly relevant if you enjoy physical activity outdoors. Here are some tips for beating the heat this summer.

1. Wear sweat wicking clothing. These materials draw moisture away from your body allowing it to evaporate. The quick dry properties help you keep cool even while breaking a sweat.
2. Slather on the sunscreen. Skin protection is a must.
3. Drink electrolyte containing fluids. Plain water is good, but if you're working out for more than an hour in heat, drinking fluids that replace the minerals lost in sweat will help keep you properly hydrated. Coconut water has gotten a good reputation as a electrolyte replacement drink.
4. Prepare for exercise. Experts advise drinking 500mL of water 30min before you exercise.

Heat Exhaustion

DANGER ZONE

- Research shows losing just 2% of your total body water can impair muscle function
- Symptoms can include dizziness, nausea, vomiting, muscle cramps, headache,

Summer Hours

Monday to Thursday 5:30 am-10:00 pm
Friday 5:30 am-7:00 pm
Saturday and Sunday: 7:30 am-6:00 pm

Holiday Hours

Aug 3, 4: 7:30 am -6:00 pm
Aug 5 Civic Holiday: 8:00 am-4:00 pm

REGISTRATION FOR FALL
FITNESS CLASSES BEGIN
AUG 7 (MEMBERS ONLY)

Did you know. . .?

All Cornell Fitness Centre Staff are highly qualified exercise experts. They are diploma or degree carrying fitness professionals. As CSEP certified personal trainers, they belong to a regulatory body with one of the highest standards for personal trainers and is associated with McMaster University and the University of Western Ontario amongst others. Many of the fitness staff also have secondary degrees and additional qualifications! Have a conversation with one of the fitness staff and see how they might be of service to you!

A Conversation With the Golf Pro

John Lingeman is a personal trainer and golf fitness instructor. He is currently accepting new clients. Contact him at jlingeman1@hotmail.com

As a Golf Fitness Instructor, I notice that there are many golfers who could improve their golf swings by getting in a solid golf posture. My good friend John Moon (Korea and China tour pro) knows the importance of maintaining his posture in the golf swing and works hard in the gym to keep his upper back (thoracic spine) flexible so that he can make a good backswing.

One of the common issues seen in many golfers is where the upper back is hunched over in a "C" posture making it very hard for the golfer to rotate the spine properly in the golf swing.

-John Lingeman, TPI Golf Fitness Instructor

Here are a couple of golf drills that will certainly improve your posture:

#1. "Cats and Dogs" is the best exercise to increase your range of motion for your spine.

Start on all fours with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head



and lift your spine as far as possible creating the cat position. Repeat this back and forth for the prescribed amount of time.

#2. An excellent exercise for strengthening the muscles between your shoulder blades;

"T's on a Stability Ball"

Lie face down on a stability ball with your feet spread apart and the ball placed under your chest. Let your arms hang down and before you begin make sure you squeeze your shoulder blades together for better form. Try to bring both arm (elbows locked) back and down by your sides, forming the letter "T" with your body. Return and repeat.

